

RSVP NEWS

Senior Corps



SPRING/SUMMER 2016 EDITION

Cape May County

Greetings From the Director

Old man winter seems to have snuck out of town early this year, which is just fine with me. Spring is the season of new possibilities. A season of renewed energy and the urge to DO something. For RSVP, April 1st begins the last year of our three year grant from The Corporation for National & Community Service (CNCS), who funds the RSVP program. This means it is time to evaluate how successful we have been at meeting goals set back in 2014 and begin to consider the goals for the next three year cycle 2017-2020.

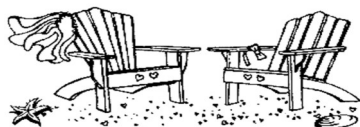
The most important goal set by our RSVP program is that anyone 55 or older looking to volunteer in a setting where they can have a positive and measurable impact within their community, will find it in one of our 23 stations. RSVP volunteers contributed over 33,500 hours of service this past grant year. Fifty two RSVP volunteers who serve at one of the four Cape May County Senior Centers and Woodbine Community Center provided companionship and support services to 678 people. Thirteen RSVP volunteers trained as coaches for "It's A Matter of Balance", which is an evidenced based health program. Four classes were held at senior and community centers throughout the county. The Volunteer Income Tax Assistance (VITA) recruited and trained 29 RSVP volunteers who have prepared over 1000 returns so far this tax season. There are eleven RSVP volunteers at Holy Redeemer Food Bank and Bethel Commandment Food Bank each provides food for 200-500 families each month. Our Mobile Meals program has 16 RSVP volunteers providing companionship while delivering a nutritious meal to 426 homebound individuals. **BUT wait, there's more:** Twelve RSVP volunteers who belong to the DAV have driven 540 veterans to health care related destinations this past year. Eight RSVP volunteers serve at the Glenwood Ave School; 17 RSVP volunteers assist handicapped persons in the SWIM program; 14 volunteers serve at Volunteers in Medicine (VIM); five serve in the County Clerks office; three belong to the Medical Reserve Corps; two assist at American Red Cross blood drives; 35 of the volunteers serving Cape Regional Medical Center are RSVP and last BUT not least, the five RSVP volunteers who comprise The Good Timers Band, spread joy and good cheer throughout Cape May County **(pictured below: Holiday Concert in Woodbine).**

WHEW! Talk about Doers, Cape May County RSVP volunteers are truly Cape May diamonds! If you too would like to shine for your community, why not join RSVP?



RSVP STATIONS

- American Red Cross
- Bethel Commandment Food Pantry
- C.M.C. Clerk's Office
- C.M.C. Department of Health/ Medical Reserve Corps (MRC)
- Cape Regional Medical Center
- Cape Regional Center for Lifestyle Management
- Community Advisory Group
- D.A.V. (Disabled American Veterans)
- Glenwood Avenue School
- Holy Redeemer Food Pantry & Hospice
- Lower Cape Senior Center
- Mobile Meals
- North Wildwood Senior Center
- Ocean City Senior Center
- RSVP Office
- Rutgers Cooperative Extension
- S.H.I.P. (State Health Insurance Program)
- S.W.I.M.(Specialized Water Interest Movement)
- Upper Township Senior & Wellness Center
- Veterans & Military Families
- V.I.M.(Volunteers in Medicine)
- V.I.T.A. (Volunteer Income Tax Assistance)
- Woodbine Community & Senior Center



RSVP VOLUNEERS IN ACTION



RSVP volunteer Elsie Shearer celebrating her 99th birthday at the Upper Township Senior Center.

Pictured left to right:

RSVP volunteer Patricia D'Andrea; Center staff Phyllis Moore; Freeholder Director Gerald Thornton; Elsie Shearer; ; Director of the Department of Aging & Disabilities, Donna Groome; RSVP Program Director J Rowland.



2016 Volunteer Income Tax Assistance (VITA) team gathered together after a week of IRS training.

VETERANS' ACTIVITIES

If you are a veteran 55 or older living in Cape May County and are interested in volunteering to assist fellow veterans and military families, RSVP has several opportunities for you. For more information call Joan at 886-3400 or e-mail: jrowland@co.cape-may.nj.us

RSVP Volunteers Spotlight Specialized Water Interest Movement (S.W.I.M.)

SWIM, Inc. (Specialized Water Interest Movement) is a non-profit organization which began in 1975 to assist adults suffering from muscular impairments to obtain water based therapy. Originally located in an indoor swimming pool attached to the home of founder Doris Hollingsworth in Bedminster, NJ, SWIM, Inc. now operates ten programs in nine community and YMCA pools throughout New Jersey, stretching from Sussex to Cape May. The Cape May County chapter is run by a dedicated group of 12 RSVP volunteers whose purpose is to encourage adults with Multiple Sclerosis, Post Polio Syndrome, Parkinson's disease, and other mobility impairments to enjoy FREE aquatic exercise in a safe and caring environment. Exercise in water helps relieve many physical or muscular discomforts, as well as gives pleasure and relaxation to both swimmers and volunteers. Less able-bodied persons are amazed by the ease of movement and self satisfaction gained in the water.

The S.W.I.M. program consists of one hour of pool time followed by a social hour with refreshments. RSVP volunteers assist participants in the water, in the dressing room, or serve refreshments.

Cape May County's S.W.I.M./RSVP program is held at the Joseph Von Savage pool in Wildwood Crest every Thursday from October through the end of May. Hours are 9:30am—12:00pm. There is still time in this years season to stop by and see if this program is something you may enjoy. New volunteers AND participants are always welcome! If you are interested in joining the Cape May County chapter of S.W.I.M./RSVP please contact: Paula Carroll at: 465-5507

MISSION STATEMENT

The mission of RSVP and the Corporation for National Community Service is to improve lives, strengthen communities, and foster civic engagement through service and volunteering.



RSVP Contact Information:

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Cape May County RSVP Wellness Sites:

Lower Township Senior Center

2612 Bayshore Road, Villas

Phone: 886-5161

Ocean City Senior Center

1735 Simpson Ave., Ocean City

Phone: 399-0055

N. Wildwood Senior Center

Tenth & Central Ave., N. Wildwood

Phone: 522-7611

Upper Township Senior & Wellness Center

1369 Old Stagecoach Rd, Palermo

Phone: 390-9409



Senior Corps/RSVP
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SENIOR CORPS/Retired Senior Volunteer Program Of Cape May County

Robert Swanson, Community Advisory Chairperson
Susan Jones, Community Advisory Secretary



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